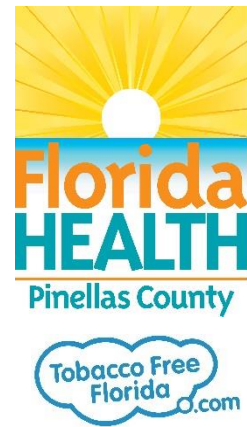


August 27, 2018

GIVE YOURSELF AN EARLY HOLIDAY GIFT: QUIT TOBACCO AT NO COST IN SEPTEMBER

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Give yourself the best early holiday gift this year by quitting tobacco before it's time for holiday get-togethers and shopping.

The Florida Department of Health in Pinellas County (DOH-Pinellas) is hosting **Quit Your Way** sessions from Tobacco Free Florida at two of its centers in September to help you get there. The group sessions are open to the public and presented by the Gulfcoast North Area Health Education Center (GNAHEC) at no cost to you. Two-hour sessions at DOH-Pinellas centers will be held on these dates:

- 10 AM to noon, Wednesday, Sept. 5, at DOH-Pinellas in St. Petersburg: 205 Dr. Martin Luther King Jr. St., N.
- 1-3 PM, Tuesday, Sept. 25, at DOH-Pinellas in Mid-County (Largo), 8751 Ulmerton Rd.

In addition to the group sessions, tobacco users who want to quit can also receive nicotine replacement patches, gum and lozenges at no cost (while supplies last and if medically appropriate). The sessions provide information on how to prepare a plan to quit, how to deal with cravings and what to expect during the process. The programs cover all forms of tobacco.

During September, and every month, classes are held at several locations in Pinellas County. For information about those sessions or to register, call (813) 929-1000 or email info@gnahec.org. Go to www.tobaccofreeflorida.com/quityourway for other resources.

For more information about GNAHEC, go to www.ahectobacco.com.

For more information about DOH-Pinellas, go to www.PinellasHealth.com or follow us on Twitter at [@HealthyPinellas](https://twitter.com/HealthyPinellas).

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About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](http://www.nabph.org), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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